

Adaptive Recreation News

Fall 2016



Classes, events, field trips and more!

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 **GILBERT**
ARIZONA
PARKS & RECREATION

ADAPTIVE RECREATION



ADAPTIVE RECREATION CLASSES

COOKING 101

In your cooking class, we will provide easy to follow recipes that are fun to make and fast to put together. We will also learn basic kitchen safety tips. How-to instructions will be provided each week to re-create at home. Bring home the skills to be a great chef! The possibilities are endless! This class is specifically designed for persons with special needs. **Participants should be able to follow simple directions. You must register for this class, drop-in not allowed for this class.**

12+ YEARS

90439 W 8/17-10/5 5-6pm CC \$56

Instructor: Pam Jackson

YO! GO! YOGA!

This yoga class, designed especially for those with special needs, combines the soothing and therapeutic benefits of yoga with a fun social atmosphere that is perfect for the beginner. Learn new stretches that can improve balance both physically and mentally all while making new friends. **Participants should be able to follow simple directions. Can't come every week? Pay as you go. You must RSVP to Guarantee your spot, no exceptions!**

12+ Years

90526 W 8/17-10/5 4:30-5:30pm CC \$40 (\$5/ week)

Instructor: TBA

HANDMADE CRAFTS

Come have fun with your friends while making a new craft each week. Each handmade craft will be a great keepsake item for your-self or to give as a gift. *This class is designed specifically for persons with special needs.* Can't come every week? Pay as you go. **You must RSVP to guarantee your spot, no exceptions! Participants should be able to follow simple directions.**

12+ YEARS

90149 T 8/16-10/4 4:30-5:30pm CC \$40 (\$5/week)

Instructor: Susie Garner

KARAOKE DANCE PARTY

Do you love to move and groove when you turn on the tunes? This class will teach simple activity, party, and line dances using some of your favorite music. Favorites will include the Macarena, the Cupid Shuffle, The Cha Cha Slide, and many more popular dances. There will also be time each week to dance your own way to popular tunes. This is an up-tempo, high energy class that will be sure to please all you dance lovers out there! ***This event is designed specifically for persons with special needs.***

12+ YEARS

90150 T 8/16-10/4 4:30-5:30pm CC \$40 (\$5/week)

Instructor: Jenn Myers

SANCHIN-RYU KARATE FOR PERSONS WITH SPECIAL NEEDS

Have fun learning the fundamental movements of Sanchin-Ryu. Benefits of this program include: Enhanced balance and coordination, improved motor-skills and useful self-defense techniques. Students study in a fun, high-energy, non-competitive environment. **Participants must be able to follow simple directions. Please wear comfortable clothing that does not restrict movement.**

10+ YEARS

90440 M 8/15-10/3* 4:30-5:30pm CC \$35

Instructor: Sanchin-Ryu Staff ***No class 9/5**

SPECIAL OLYMPIC BOWLING

Individuals with special needs 8 years and older are encouraged to join in the fun of bowling. Taking part in this sport provides individuals the chance to develop physical fitness, self-confidence and build strong relationships. Those needing extra supervision must provide his/her own aide. Register in advance to guarantee your bowling lane. Can't come every week? Pay as you go. This session of bowling provides the opportunity to participate in the Special Olympics Tournament in November. A Special Olympics physical is required for training and competition. Medical forms for the physical can be picked up at the Community Center or on the Special Olympics Arizona website. *Practices will be held at Brunswick Zone XL, 1160 S. Gilbert Rd.* Bowlers can still bowl without participating in Special Olympics, please let staff know if this is the case. **Register early space is limited! All bowlers must register or RSVP to guarantee space no exceptions!**

8+ YEARS

90151 TH 8/18-10/6 4:30-5:30pm BBZ \$40 (\$5/week)

Instructor: Gilbert Staff

THERAPEUTIC RECREATION HORSEMANSHIP

These classes are geared to each rider as an individual and are aimed toward their own abilities. With the help of certified instructors and volunteers, students gain a feeling of personal accomplishment and a freedom of movement they cannot experience in a wheelchair or other aiding devices. Most importantly, riders can benefit physically, emotionally and mentally through interaction with the horses, instructors, volunteers and fellow students. **Students under 18 must have parent/guardian sign a liability waiver at first class.** *These classes take place at Valley Silver Bullets (VSB), located at 43757 N. Coyote Rd. San Tan Valley, AZ 85140.*

6+ YEARS

90441 M 9/12-11/21* 6-7pm VSB \$195

Instructor: Valley Silver Bullets ***No class 10/31**

ZUMBA

This is a slower paced cardio workout designed for beginners and those with physical limitations. Easy to follow dance steps are set to unique Latin dance music to help maximize caloric output with fun, fat burning movements. This class increases skills in coordination, balance, discipline, memory, and movement. Can't come every week? Pay as you go. **You must RSVP to guarantee your spot, no exceptions! Participants should be able to follow simple directions.**

13+ YEARS

90152 M 8/15-10/3* 5-6pm CC \$35 (\$5/week)
Instructor: Michelle Dulansky ***No Class 9/5**

BASKETBALL CLINIC

Players will learn to appreciate the fundamental skills (dribbling, passing, shooting, rebounding) required to play basketball by participating in drills that they can continue to work independently. Every player will work hard, learn to be competitive, and have fun in preparation for future basketball play. Players will learn the importance of teamwork and good sportsmanship and how both are paramount to their future success both on and off the court. Practice will be held at Gilbert Elementary, 175 W Elliot Rd, Gilbert, AZ 85233.

14+ YEARS

90527 F 8/19-10/7 6-7:30pm CC \$40 (\$5/week)
Instructor: Ken Mims



AUGUST

MOVIE AT THE COMMUNITY CENTER

Sit back, relax, and enjoy a movie on the big screen! We will have pizza, popcorn, and drinks! Movie is TBA and will be shown on the big screen inside the Gilbert Community Center, 130 N Oak St.

8+ YEARS

87860 F 8/19 6:30-8:30pm CC \$5

BUILD-A-BEAR FIELD TRIP

On this field trip we will go to Build-A-Bear where you can choose a toy to stuff! Give your toy a name and take it with you to their new special home. After we will go to the food court at the mall to eat lunch. Please bring additional money for lunch. **Transportation is provided and is limited to 20 passengers. Participants are welcome to join us at Chandler Mall once the van is full. Registration is required to receive group pricing.**

8+ YEARS

87861 F 8/12 10am-2pm CC \$25

SEPTEMBER

OLD WEST HOE DOWN

Throw on your hat and put on them boots 'cause it's time to do the barnyard boogie! We will have a great time dancing to your favorite country music and today's hits too. There will also be a hay-ride and

WEDNESDAY NIGHT SOCIAL NIGHT

Join us every other Wednesday night as we get together for a social hour with friends! We will play bingo, sing karaoke, boogie to the top hits, and more as we spend some time getting to know each other. *The Town of Gilbert will no longer be providing snacks for social nights, please contact the Community Center at 480-503-6290 if you would like to donate a snack.*

FREE!!

Registration is appreciated.

12+ YEARS

90145	W	8/17	6-7pm	CC	FREE	SOCK HOP
90146	W	8/31	6-7pm	CC	FREE	BINGO
90147	W	9/14	6-7pm	CC	FREE	KARAOKE
90148	W	9/28	6-7pm	CC	FREE	SOCKHOP

yummy chili to enjoy. This dance will be held at the Gilbert Community Center 130 N Oak St. Gilbert, AZ.

12+ YEARS

90140 F 9/16 6-9pm CC \$5

ODYSEA AQUARIUM

Dive into the deep blue sea with us on this exciting field trip to the brand new Odysea Aquarium. Sharks, turtles and fancy fish are just a few of the wonderful creatures you will get up close and personal with at the aquarium. We will get lunch at the Lighthouse Café inside the aquarium, so bring an additional 10-15 dollars for food. Sign up for this field trip will be from 7/12-9/23, no registrations will be taken after this date. **Transportation is provided and is limited to 20 passengers.**

14+ YEARS

90143 F 9/30 10am-4pm CC \$25

OCTOBER

HALLOWEEN BALL

Let's do the Monster Mash! Wear your Halloween costume for all your friends to see! There will be a costume contest. We'll have a great time dancing to music and enjoying old and new friends. Light refreshments will be served.

12+ YEARS

90141 F 10/28 6-9pm CC \$5

MUSIC INSTRUMENT MUSEUM

Learn about more than 6500 different instruments from around the world, get to see instruments that were played by your favorite artists such as Taylor Swift and get to play the instruments yourself! There is so much to do and learn at the Music Instrument Museum you won't want to leave! We will enjoy lunch at the Café Allegro inside the museum so bring an additional 15-20 dollars for lunch. Sign up for this field trip will be from 7/12-10/14, no registrations will be taken after this date **Transportation is provided and is limited to 20 passengers.**

14+ YEARS

90144 F 10/21 10am-4pm CC \$20

Movie Night

When: Friday, August 19th

Time: 6:30-8:30pm

Where: Gilbert Community Center

Cost: \$5

Code: 87860

Please register on-line at GilbertRecreation.com or call 480-503-6270 to RSVP.

Payment will be accepted at the door for all events.

This event is for those with special needs only.



OLD WEST HOEDOWN

Throw on your hat and put on them boots 'cause it's time to do the barnyard boogie!
We will have a great time dancing to your favorite country music and today's hits too.

We will be serving chili, cornbread and more fall goodies!

When: September 16th, 2016

Time: 6-9pm

Where: The Gilbert Community Center

130 N. Oak St.

Gilbert, AZ 85233

Cost: \$5

Course Code: 90140

Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP.

Payment will be accepted at the door for all events.



HALLOWEEN BALL

Let's do the Monster Mash! Wear your Halloween costume for all your friends to see! There will be a costume contest and dinner. This special dance is designed specifically for teens and adults with special needs. We'll have a great time dancing to music and enjoying old and new friends. Spooky food & drinks will be served.

When: October 28th, 2016

Time: 6-9pm

Where: The Gilbert Community Center

130 N. Oak St.

Gilbert, AZ 85233

Cost: \$5

Course Code: 90141



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Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP.

Payment will be accepted at the door for all events.

Adaptive Recreation Field Trips

Join us as we take a special adventure every month to a new, exciting place!

****All field trips are designed specifically for those with special needs. Transportation is provided from the Community Center, but is limited to 20* participants. After the van is full you are welcome to meet us at the location of the field trip but you must pay in advance for the special pricing.**

West Side Story (The Play)

July 22nd

Hale Theatre

Time: 5:30pm

Cost: \$22

Code: 87858

Build-a-Bear Workshop

August 12th

Chandler Mall

Time: 10am

Cost: \$25

Code: 87861

Odysea Aquarium

September 30th

Odysea Aquarium

Time: 10am

Cost: \$25

Code: 90143

Music Instrument Museum

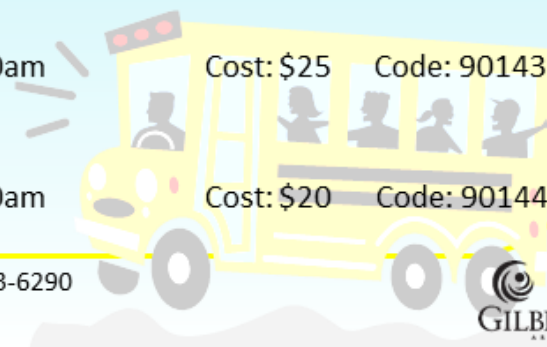
October 21st

MIM

Time: 10am

Cost: \$20

Code: 90144



Please call the Gilbert Community Center with any questions 480-503-6290 or Register Online at GilbertRecreation.com

GILBERT
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Social Nights

Every other Wednesday get together with your friends and play bingo, dance, sing karaoke, and have fun being social!

These events are FREE, but registration is appreciated!

90145	8/17	SOCKHOP
90146	8/31	BINGO
90147	9/14	KARAOKE
90148	9/28	SOCKHOP

All Social Nights are from 6-7PM at the
Gilbert Community Center.
130 North Oak St.
Gilbert, AZ 85233
480-503-6290

Please register on-line at gilbertrecreation.com or call 480-503-6270
Payment will be accepted at the door for all events.
These events are for those with special needs only.



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